

The SCOOP

Charles County's Senior Center News



SEPTEMBER 2020
www.CharlesCountyMD.gov

Give us a Call!

During such an unsettling time, we want you to know that we are in this together with you! We encourage you all to stay safe, stay home, and stay healthy. We are still working for you and are available if you need anything. Please give one of our senior centers a call and leave a detailed message if we don't answer. We can't wait for things to resume back to the way we were but remember you are not alone. Love, Charles County Senior Center Staff.

Richard R. Clark: 301-934-5423 • Nanjemoy: 301-246-9612
Indian Head: 301-743-2125 • Waldorf: 240-448-2814



Follow us on Facebook!

Did you know that Charles County Senior Centers have a Facebook page? Connect with us! Follow our page, **Charles County Seniors Centers**, to see what is offered, get up-to-date news, interact with us online and follow what is going on at our four Senior Centers.

Now, more than ever, with social distancing measures in place, we need to stay connected in other ways. We invite you to join us on Facebook to interact with us and stay connected while our centers are temporarily closed. Our Senior Center staff has been working hard creating new content to keep our seniors engaged! On Facebook you can join us for a work out, read funny jokes, interact with us on posts, send us messages to say hello and chat, get connected to online resources and events and even join us for our virtual hangouts so we can see your smiling faces!

We are providing daily content to keep us all engaged and connected. **We really miss you all and hope to connect to you on Facebook!** You must have a personal Facebook page in order to follow our Facebook page.

How to Follow Us on Facebook

While logged into your own personal Facebook page, do one of the following:

1. In the search bar, type in "Charles County Senior Centers". Click on our page and press the "follow" button.
2. Open a web page and type **www.facebook.com/CharlesCountySeniorCenters**. Press the "follow" button when our page appears.

Need help finding our Facebook page? No problem! Give one of our senior centers a call and our staff will try and assist you over the phone.

Caregivers Corner

Identifying Caregiver Burnout

The coronavirus pandemic has put additional strain on caregivers of our frailer senior population. Caregivers may not be able to use adult day care facilities due to closures or feel uncomfortable having respite workers come into their home due to possible exposure. It is important to know the signs of caregiver stress and be honest with yourself if you identify signs within yourself.

10 Signs of Caregiver Stress:

- 1) Denial
- 2) Anger
- 3) Social Withdrawal
- 4) Anxiety
- 5) Depression
- 6) Exhaustion
- 7) Sleeplessness
- 8) Irritability
- 9) Lack of concentration
- 10) Physical Health Problems



If you recognize any of these signs within yourself, make it a priority to act. You cannot take care of someone else if you are not well yourself. Here are some ways to take action:

- Find and use available community resources
- Get help and find support. No family or friends available? The Alzheimer's Association has a 24/7 helpline 800.272.3900 and an online community called ALZConnected.
- Use relaxation techniques such as meditation or breathing exercises.
- Get Moving! Do any kind of physical activity-even 10 minutes can help.
- Get Educated. Understanding why behaviors are happening can make them easier to handle.
- Take care of yourself. Make and attend your own doctor visits, eat healthy, and get in some exercise.
- Make legal and financial plans early to take the stress off later.

Information for this article provided by the Alzheimer's Association. Visit alz.org for more information and resources.

Exercise Motivation

By: Nate Schultz, Fitness Specialist

Getting motivated to workout is a challenge. Behaviors get ingrained over time and are difficult to change. Behavior modification is possible, and the following principles hopefully will help you to achieve your goals.

Extrinsic motivation comes from doing something based on outside factors like a reward or consequence. The more you internalize this form of motivation the more effective it is. For example, walking a 5k in order to get a t-shirt may be good motivation to start exercising but is likely to fizzle out afterwards. To further motivate yourself you should realize the value of exercising. This will make you more likely to make exercise into a habit. Another helpful form of motivation is social support. Having other people join you or simply encourage you to keep with it can be very helpful.

Intrinsic motivation is the most effective form of motivation but the hardest to achieve. This comes when the reason to exercise is the fun and satisfaction of doing the exercise itself. One way to create intrinsic motivation is as simple as doing something you like. Don't force yourself to lift weights in the gym if you hate doing that. If you would rather go for a walk or bike ride then do that. Another way to become intrinsically motivated is to keep exercise positive. If you push yourself too hard, exercise can feel like a chore. Especially when starting out, exercise should be extremely easy.

Now that you have a better idea on how to get motivated, it is time to set goals. I highly recommend that goals should be written down somewhere. SMART short term goals are Specific, Measurable, Action-oriented, Realistic, Timely, and Self-determined. Specific goals should be clear and unambiguous. It should go over who, what, when, where, and why. Measurable goals should go over things like how often and for how long you will exercise. Action-oriented means what specifically you will be doing. Realistic goals could be if the location is convenient and the exercise is doable. This is important because not achieving your goals can be discouraging. A timely goal should have a specific time frame with a start and end time. This will help you from being tempted to procrastinate. Lastly is self-determination. You should be the one to define your goals rather than someone else make them for you.

If you need help setting goals or getting started, contact the fitness team at 301-609-5711. Nate or Debi can help you get started.



Breast Cancer Awareness Walk

Save the date! This year's Breast Cancer Awareness Walk is scheduled for Saturday, October 17, 2020 in Indian Head, MD. Sisters at Heart is still working on details for this year's walk. It may look a little different than previous years, but the cause is still the same! So, mark your calendar to participate in this year's Breast Cancer Awareness Walk.



Walk to End Alzheimer's®

The world may look a little different right now, but one thing hasn't changed: our commitment to ending Alzheimer's. This year Walk to End Alzheimer's® is everywhere — on every sidewalk, track and trail. If you walk with a small group, family or by yourself our commitment has not changed, and we continue to fight for those who are effected by Alzheimer's.

Your health and safety are our top priorities. We will not have a large in-person gathering — instead, we invite you to walk in small teams of friends and family while others in your community do the same. We are all still walking and fundraising for the same thing: a world without Alzheimer's and all other dementia.

The date to walk is Saturday, September 12th. Wear your purple when you walk! Some places to walk in Charles County are the Indian Head Rail Trail in White Plains; paths at Laurel Springs Park, White Plains Park, Gilbert Run; or even your own neighborhood! For questions or donation help, please call Debi Shanks at 301-609-5711. Join our team! Charles County Senior Centers at:

https://act.alz.org/site/SPageServer/?pagename=walk_homepage

Volunteer Tax Preparers Needed



Please consider helping out... Volunteer tax preparers are needed to provide this beneficial service. FREE training is provided and will be held Mondays, Wednesdays, and Fridays beginning January 2021. Upon completion of the program persons must then pass a test before receiving certification.

Learn More: Individuals wishing to enroll in the AARP Income Tax Training Program for 2021 should contact Barbara Joy, Senior Information & Assistance Program Assistant at 301-609-5712 or JoyB@charlescountymd.gov Pending re-opening of the Senior Activity Centers and planning will be forthcoming for necessary health precautions.

Charles County Government TV

Did you know that Charles County Government TV (CCGTV) broadcasts great workouts for our senior community every day? CCG cable access channel is available on Comcast: 95 and Verizon FIOS: 10.

Using the link below, check out the Broadcast Schedule and tune in for a workout today!

<https://www.charlescountymd.gov/services/media-services/charles-county-government-television>



Health Partners in Nanjemoy

Health Partners is a non-profit medical and dental practice for the uninsured, Medicaid recipients, those covered by Medicare, and some commercially insured. Services not covered by insurance are placed on a sliding scale, and fees determined by income level.

Our primary care clinic treats patients ages 11 and up, offering services including treatment of cold and flu, chronic disease management, care for minor injuries, women's wellness, physicals and DOT physicals. Patients may schedule appointments on Tuesdays in our Nanjemoy location with Nurse Practitioner Gabriel Stanoiu. Telehealth visits are also available for most appointments.

Our dental clinic is open to patients of all ages, offering exams, x-rays, fillings, extractions, root canals, crowns, cleanings, bridges and dentures. The Nanjemoy office is open one day per week for dental services; our dentists and hygienist alternate treating patients to provide a full range of care. Staff includes dentists Bernard Finch and Reginald Salter, as well as hygienist Jackie Jameson.

Health Partners also offers medical and dental services in our Waldorf office, and dental care in our Lexington Park office. Our practice is dedicated to providing a medical and dental home to those in need, while maintaining a safe and sanitary environment for both staff and patients. All services are offered by appointment only at this time. Please call us at 301-645-3556 to schedule at either office, a member of our staff will be happy to help!




20th Year of Nanjemoy Heritage Day

This Fall marks the 20th year of celebrating Nanjemoy Heritage Day! A long time ago, local Senior Center residents sat across the table from each other enjoying a leisurely lunch within a reconstructed Community Center they once attended as children. Going through pictures at lunch then turned into a long game of dominos for days. They shared fond memories and reminisced about the good old days. Many of the Seniors had met their soulmates in that beautiful renovated Nanjemoy Community Center as they attended that very school as children. That game of dominoes was the beginning of shared ideas that would change the way the local residents, Senior staff and volunteers would come together and celebrate their heritage.

Their heritage began in that Community Center which still has the original school name above the door. The amount of energy in sharing and celebrating for this small community grew into photos, a parade, and volunteering Seniors who spent all day serving up delicious home baked goods and hot dogs.

This would become an annual event that was celebrated with the young and the old, culture books written of a place that was considered the "end of the road". Soon, the event grew in size taking over the indoor and outdoor space consumed with the smells of barbeque from the local pit master, and Head Start teachers sharing laughter and joy with their students on a vibrant day that would carry on as a tradition for celebration. It would be nice to visit such a historic place and celebrate with such a vibrant community rich in history that once was inhabited by an Indian tribe, and venture out to the regions of Malloys Bay. But unlike years past we can only reminisce like the original group did at the photographs that now line the Nanjemoy Community Center today that began twenty treasured years ago. Until we can all be together again, may the heritage of Nanjemoy continue in your hearts and minds.





Help Us Make Charles County Healthier

Take the 2020 Health Needs Assessment Survey

Community Needs Assessment

Did you hear that University of Maryland Charles Regional Medical Center (located in La Plata) is conducting a community health needs assessment this year? Community input is a significant and important part of this process, and they are asking for your assistance in completing a survey regarding your current health status, your risk, and protective factors for disease, and your perceptions of the state of health in Charles County. The results of this survey will help to develop new programs and enhance current programs to address the biggest health needs in the county. All questions of this survey are voluntary and anonymous.

For more information and to fill out the community needs assessment online, please visit: <https://www.umms.org/charles/community/assessment-implementation-plan>.

Medicare D Open Enrollment

Open enrollment (October 15- December 7) is the time for Medicare beneficiaries to review their Medicare Prescription Drug Plans and make any necessary changes. New beneficiaries can select a plan and learn how the plan works and existing enrollees can change and update their plans. Senior Health Insurance counselors (SHIP) will be available to assist you during this enrollment period, 301-609-5712 or 1-855-843-9725.

What questions should I ask before enrolling in a Part D plan?

When you are choosing among Part D plans, here are some questions to keep in mind. Before you start looking at plans, make sure you know:

- The prescriptions you take, including their dosages and usual costs (you may want to ask your doctor for help creating a list)
- The pharmacies you regularly use

Drug coverage

- Are my prescriptions on the plan's formulary?
- Does the plan impose any **coverage restrictions**, such as prior authorization or step therapy?
- If the plan does not cover a medication I take, does it cover one that will work for me? (Ask your doctor.)

Costs

- How much will I pay at the pharmacy (copayments or coinsurance) for each drug I need?
- How much will I pay for monthly premiums and the annual deductible?
- How much will I have to pay for brand-name drugs? How much for generic drugs?
- What will I pay for my drugs during the **coverage gap**?
- If a drug I take has a very high coinsurance, is there a drug I can take that will cost less? (Ask your doctor.)




NEED EXTRA HELP PAYING FOR PRESCRIPTION DRUGS?

MEDICARE OPEN ENROLLMENT / Oct. 15 – Dec. 7 [Medicare.gov](https://www.Medicare.gov)

Medicare Education Training

Dates for this year's virtual Medicare Education Training are September 15 at 6pm and October 1 at 11am. Please contact 301-934-0118 for more details.



Civil Justice, Inc.

About us

Civil Justice, Inc. is a Maryland non-profit corporation formed for the purpose of increasing the delivery of legal services to clients of low and moderate income while promoting a statewide network of solo, small firm and community based lawyers who share a common commitment to increasing access to justice through traditional and non-traditional means.

Contact us

520 W. Fayette Street
Suite 410
Baltimore, MD 21201
Phone: 410-706-0174
E-mail: info@civiljusticenetwork.org

60+ 2.0 Legal Program

Civil Justice is piloting a statewide low-fee program to provide low-and-moderate income seniors with simple wills and other legal documents.

The new program is called "60+ 2.0." The ideal candidates for this new pilot are seniors 60 years of age or older, whose gross income is above 50% of the Maryland median income, and less than 400 % of the federal poverty guidelines.

Household Size	Annual income
1	Between \$29,037 and \$ 49,960
2	Between \$37,971 and \$ 67,640
3	Between \$46,905 and \$ 85,320
4	Between \$55,840 and \$103,000

Under this pilot program, a simple will will typically cost \$175 for an individual, and \$250 for a couple, and a set that includes other commonly used documents such as powers of attorney and advance healthcare directives will typically range from \$325 for an individual and \$500 for a couple.

Please refer calls to Civil Justice's hotline: 410-706-0174.



The Importance of the 2020 Census

The stakes are high. In 2016, more than 300 federally funded programs relied on census data to distribute more than \$675 billion to states and localities. That includes funds for schools, roads and hospitals and also programs that aid older Americans, like Medicare Part B.

“Participating in the census means getting counted to determine how much federal funding comes into your community and how congressional representation is determined,” says AARP National Volunteer President Catherine Alicia Georges.

Georges says it is important for older Americans who don’t want to take the census digitally to know they won’t be forced to. “No one has to take the census online,” she says.

What if I live in a rural community with a low population? Does it matter if I participate?

Yes. In 2016 alone, more than \$30 billion was distributed to rural communities from 55 federal programs. These funds went toward things like home loans, business loans and waste disposal. But such funding comes only if you and your neighbors are counted. This is especially true in areas with low populations.

Is it just about money?

No. The number of seats in the U.S. House of Representatives, and the electoral college votes that each state gets, are determined by census numbers. So, the political balance of power in America changes after each census.

As boomers age, does the government expect a dramatic rise in the number of older Americans counted?

Yes. In 2010, there were more than 40 million people 65 and older in the United States — 13 percent of the population. That number is projected to grow to 55 million — 16 percent of the population — in 2020. By 2050, those 65-plus will make up 20 percent of the population, the Census Bureau projects.

As the number of older Americans increases, how will the census improve their lives?

An AARP survey shows that most older adults want to stay in their homes and communities as they age. Filling out the census could increase the likelihood of that happening. Census data will be used over the coming decade to decide where to place parks, roads and hospitals. It will determine funding for community projects that benefit people of all ages, including mass transit, which helps many people remain in their homes longer.

Article provided by AARP.

Loan Closet

The Aging & Senior Programs Division maintains a medical equipment loan closet to facilitate temporary provision of durable medical equipment to qualified persons. Supplies are limited to what is on hand at the time of the request, but generally consist of: walkers, canes, bath/shower benches, and transport wheelchairs.

In order to better meet individual needs and for more information about the loan closet, please call 1-855-843-9725 to check on availability and eligibility for loan closet items prior to coming to our facility.

Have an item to donate to the loan closet? Please call 1-855-843-9725 to learn more about how a donation can be made.

10 Surprising Uses for WD-40

Everybody knows WD-40 is the go-to product for silencing squeaks, displacing moisture, preventing rust, and loosening stuck parts.

You probably have a can sitting in your garage right now. It has a ton of uses!

Use WD-40 To:

1. Lube a shovel. Spray WD-40 on a shovel, spading fork, hoe or garden trowel. The soil slides right off—especially helpful when digging in clay.
2. Clean tile. The spray removes spilled mascara, nail polish, paint and scuff marks from tile floors, and also help you wipe away grime from the grout lines. Clean up with soapy water.
3. Scrub stains from stainless steel sinks.
4. Unstick gum. A squirt makes it easier to pull gum out of carpet and even hair. It's better than cutting out the gum and leaving patchy carpet or a bad haircut.
5. Soften leather. Oil can help break in a stiff leather tool belt.
6. Free stuck LEGOs. Your kids will thank you.
7. Erase crayon. When crayon ends up on toys, flooring, furniture, painted walls, wallpaper, windows, doors, and television screens. Spray on WD-40 and wipe it off.
8. Prevent flowerpots from sticking when stacked together.
9. Get rid of rust. Spray and rub away rust from circular saw and hacksaw blades. It can also clean blades of tar and other gunk.
10. Remove goo. Unstick gooey residue from price tags, duct tape, and stickers.



Silly September "Holidays"

I C G N I R O L O C V S R Y T W U K E Q P L H E
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 C O C O N U T L I N G U I N E C P C L B Y H X E

Papaya Sexual Health Honey Batman Beer Lovers Beyonces Birthday

Bunny Cheese Pizza Cheeseburgers Chess Chocolate Milkshake Coconut

Coffee Coloring Comic Books Dance Elephant Appreciation First Love

Guacamole Hobbit Ice Cream Cone Lazy Moms Linguine Lobster

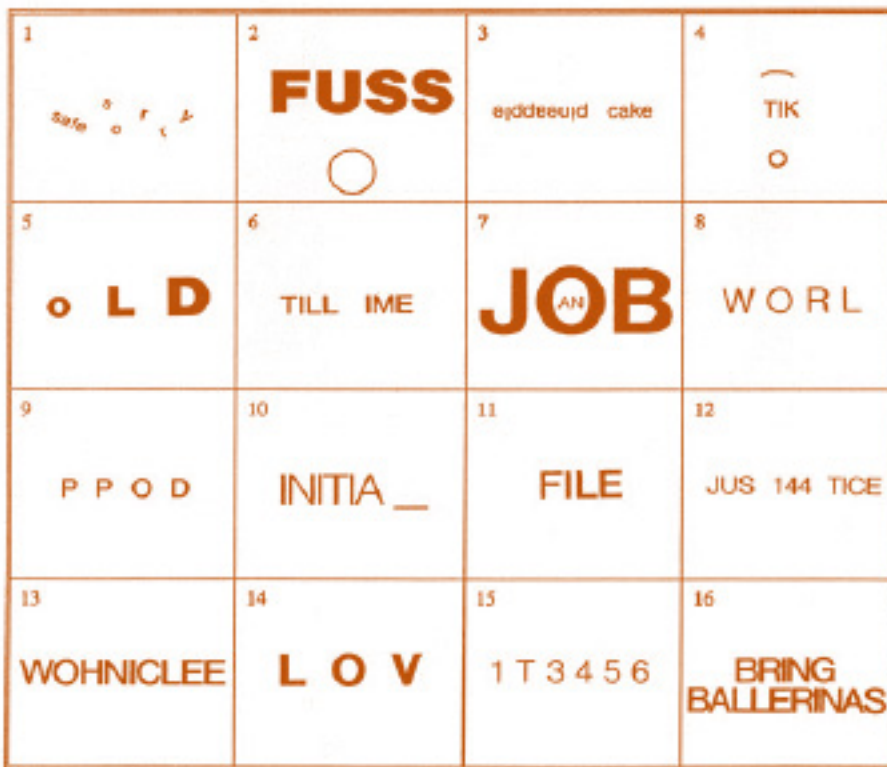
Love People Make Your Bed Neighbors No Excuses Peanut Queso

Read A Book Sandwich Singles Sudoku Talk Like A Pirate Telephone Tuesday

Video Games

A FEW FUN ACTIVITIES

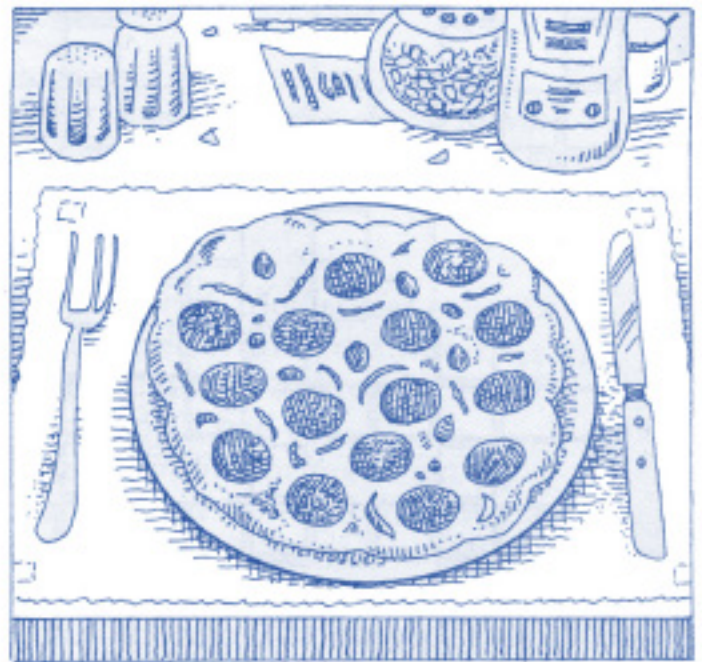
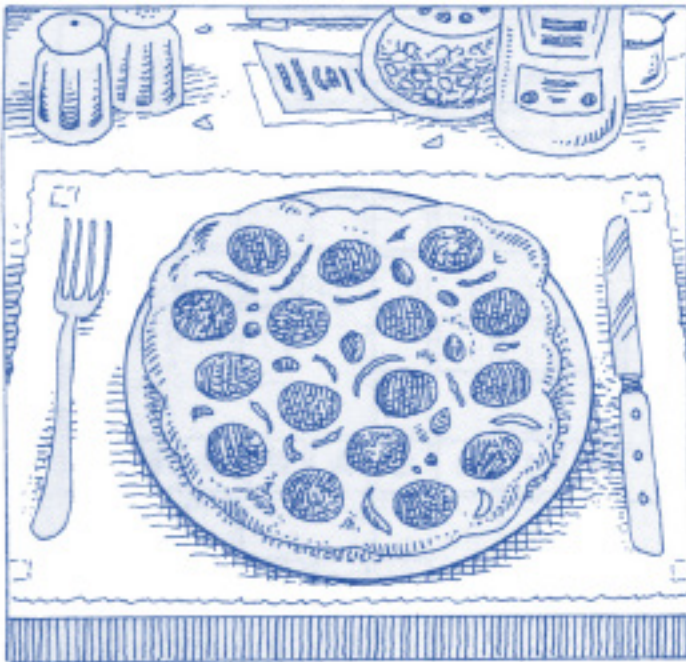
Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS



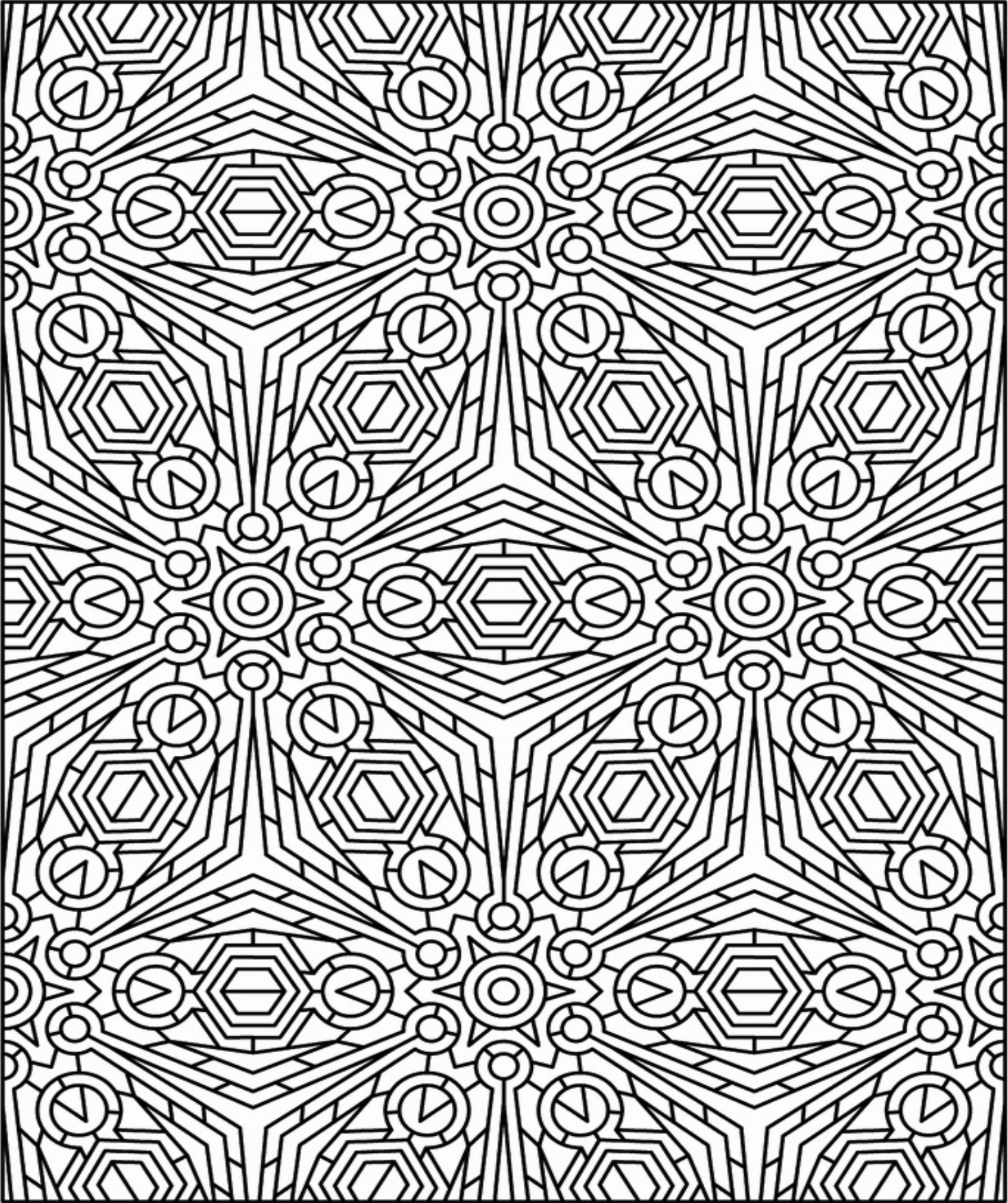
Brain teasers and puzzles have been known to give you brain an excellent mental workout. Completing puzzles on a regular basis can help to improve memory, visual and spatial reasoning, enhance mood, lower stress level and even raise your IQ!

#TrainYourBrain

See if you can find the eight difference

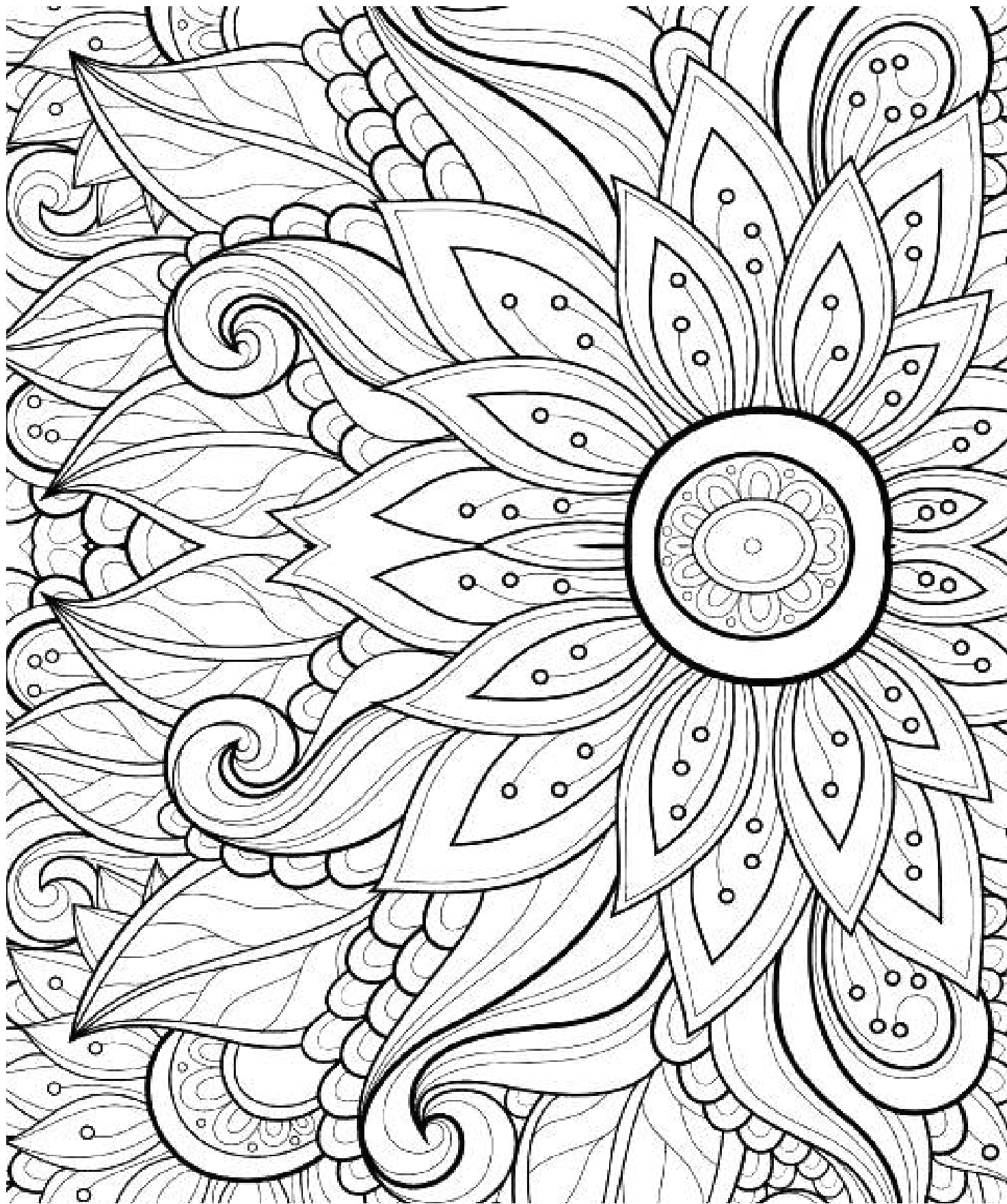


1. Better safe than sorry.
2. Big fuss over nothing.
3. Upside down pineapple cake.
4. Arctic Circle.
5. Growing old.
6. Til the end of time.
7. An inside job.
8. A world with no end.
9. Two peas in a pod.
10. Last initial.
11. Single file.
12. Gross injustice.
13. Once in a while.
14. Love without end.
15. Tea for two.
16. Bring on the Dancing Girls.



A FEW FUN ACTIVITIES

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS



COVID-19 Call Center

Charles County Department of Health Call Center:

Monday through Friday: 9:00 a.m. to 5:00 p.m.

Call 301-609-6717 or 301-609-6777.

Saturday and Sunday:

10:00 a.m. to 3:00 p.m. Call 301-609-6717.

This is a rapidly evolving situation and information will be updated as it becomes available.

Maryland Access Point: Connecting Seniors to Resources Available

We are available to help seniors during the COVID-19 pandemic. If you have questions about services and resources available to Charles County Seniors during this time, please contact the toll-free **Maryland Access Point Charles County at 1-855-843-9725 or email MDAccessPoint@CharlesCountyMD.gov.**

Coping with Stress & Loneliness during COVID-19

Mental Health experts recommend keeping things in perspective and getting the facts as the top ways to manage and alleviate stress during this infectious disease outbreak.

Set limits on how much time you spend reading or watching news about the outbreak. Make sure to take time away from the news to focus on the things in your life that are going well and that you can control.

Find resources you can depend on for accurate health information, such as: your family doctor; state and local health departments; US Government agencies (CDC, WHO).

Follow strategies that work for you to ensure your well-being and mental health:

- Keep a regular schedule as much as possible
- Start each day with a plan of a few things that you can definitely do
- Stay active
- Go for walks outdoors
- Connect with others
- Find sources of comfort
- Create something
- Plan for the future
- Reach out



Roadmap to Recovery

For up-to-date information on Charles Counties efforts to reopen, please visit:

<https://www.charlescountymd.gov/services/health-and-human-services/covid-19>.

You may also visit the CDC website for reopening guidance at:

<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>.

For information on the state's efforts to reopen, please visit: <https://governor.maryland.gov/recovery/>

Drive-Through COVID-19 Testing Information

Vehicle Emissions Inspection Program (VEIP)

28 Henry Ford Cir #2787, Waldorf, MD 20602

Tuesday and Thursday from 8:00 a.m. to 12:00 p.m.

Schedule an appointment online at coronavirus.maryland.gov. **Appointments are required.** No doctor's order needed.

Follow steps below to schedule appointment.

Step 1- Go to coronavirus.maryland.gov

Step 2- Click the "Testing" tab

Step 3- Click the "Getting a COVID-19 Test" tab

Step 4- Schedule an appointment at the Waldorf VEIP testing site using the yellow box

Additional Resources

COVID-19 is a rapidly evolving catastrophic health emergency. For more information about this national pandemic, resources available, and other information, please visit resources below:

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Charles County Health Department:

<https://www.charlescountymd.gov/government/other-agencies/charles-county-department-of-health>

Charles County Public Libraries: <https://www.ccplonline.org/>

Office of Governor Larry Hogan:

<https://governor.maryland.gov/>

University of Maryland Charles Regional Medical Center:

<https://www.umms.org/charles>

As we continue to expand our outdoor senior programming, we encourage you all to be safe and consider what is best for you.

If you feel comfortable joining us in person, great! We can't wait to see you. If you're not ready to make that step, that's okay too!

We will continue to provide a variety of virtual programs as well as live-stream some of our outdoor programs so you can join us from the safety and comfort of your home.



Senior Fitness

Tai Chi with Cynthia Simmons

Indian Head Senior Center Coordinator, Cynthia Simmons will lead this hour-long class around Indian Head's Village Green fountain. Tai Chi is an evidence-based class that focuses on muscle control, stability, balance and flexibility. Bring your own water.

Mondays and Wednesday, 8:30 AM,
Indian Head Pavilion

This class requires participants to pre-register. To register call 301-743-2125. If you get directed to voicemail, please leave your name, phone # and the class dates you wish to attend.

Group Warm Up & Walk

These morning walks are led by Senior Fitness and Promotions Coordinator, Debi Shanks on Mondays, and Senior Fitness Specialist, Nate Schultz on Fridays. This program consists of a 10-minute warm up followed by 30-minute walk, at your own pace. Bring your own water.

Participants should meet in the first parking lot to the right, just as you pull in.

Mondays and Fridays, 8:30 AM, Laurel Springs Park

Total Body Conditioning – Virtual

Total Body Conditioning is a cardiovascular system workout designed to target all muscle groups. This exercise uses a combination of chair exercises, bands, weight and stretching for a well-rounded workout. This class is led by Waldorf instructor, Sabrina McCrae via the virtual platform, ZOOM.

The information below will be used each class day to begin your workout.

<https://www.zoom.us/join>

Meeting ID: 528 975 5657

Password: 123Fit

Tuesdays and Thursdays, 9:30 AM, via ZOOM

Yoga w/ Debi Shanks

Led by Senior Fitness and Promotions Coordinator, this class offers gentle poses that are held with a focus on breathing. Yoga is an excellent way to reduce stress, as well as work on balance, strength & flexibility. Participants must bring their own mat, towel and a bottle of water.

Wednesdays, 8:30 AM, Laurel Springs Park

Tai Chi with Nate Schultz

Senior Fitness Specialist, Nate Schultz, will lead this hour-long class in a shady spot at Tilghman Lake Park. Tai Chi is an evidence-based class that focuses on muscle control, stability, balance and flexibility. Bring your own water.

Thursdays, 8:30 AM, Tilghman Lake Park

Arthritis Foundation Exercise Program (AFEP) – Virtual

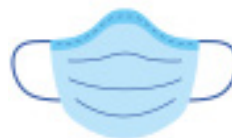
Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength.

Fridays, 2 PM, FB LIVE

<https://www.facebook.com/CharlesCountySeniorCenters>

SOCIAL DISTANCING GUIDELINES ARE BEING FOLLOWED AT ALL CHARLES COUNTY SENIOR CENTER PROGRAMS. IN-PERSON EVENTS REQUIRE A MASK ANY TIME YOU ARE WITHIN 6 FT OF ANOTHER PARTICIPANT.

WE ALSO ENCOURAGE YOU TO BRING WATER TO ENSURE YOU STAY HYDRATED AT THESE OUTDOOR VENUES.



Services

Balancing Act - Virtual

Join Debi Shanks to discuss ways to prevent falls and actively be aware of the barriers / obstacles to keep us healthy as we age. Preregistration is required for this virtual event.

Tuesday, September 22, 2 PM, MS Teams

Call 301-609-5711 for more information and to register.

Dance Party – Virtual

Join Debi Shanks and the Charles County Senior Center crew for a virtual dance party via Facebook Live! Tune in and get ready to groove! Tell your friends! It's more fun to dance together!

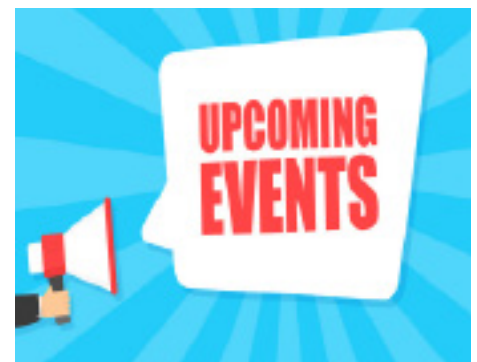
Wednesday, September 23, 1 PM FB

LIVE <https://www.facebook.com/CharlesCountySeniorCenters>

Fitness Move of the Week – Virtual

Join Nate Schultz, Fitness Specialist, weekly on Tuesdays at 2pm to learn the fitness move of the week!

Tuesdays, 2 PM, FB LIVE <https://www.facebook.com/CharlesCountySeniorCenters>



Want to know about upcoming events at the Senior Centers? Sign up for eNews and have the SCOOP delivered directly to your inbox!

Step 1:

Visit <https://www.charlescountymd.gov/>

Step 2:

Scroll to the bottom of the page, and click the large yellow "ENEWS SIGN-UP" button.

Step 3:

Complete the simple Charles County eNews Registration form and you are done!

All programs are free unless otherwise noted. To Register: Call 301-934-5423, leave a message with your name, phone # and program you wish to attend.

Informational

Chat & Chew

Join the Senior Centers' staff and some of your friends at the park for conversation and informational discussions. A light snack will be provided or you are welcome to bring your own! Pre-registration is encouraged.

Mondays, 10 AM, Indian Head Lawn
by Cynthia Simmons

Wednesdays, 9:30 AM, Laurel Springs Park Pavilion
Led by Janice Hamby

Thursdays, 9:30 AM, Tilghman Lake Park Pavilion
Led by Melanie Maggi

CCPL Book Club - Virtual

Virtual book clubs are a place where adults 60+ can enjoy a lively and informational discussion of classical or contemporary literature. This program is being offered virtually. Registered participants will receive an email with details the day before the program.

Registration information is as follows:

"Olive, Again" by Elizabeth Strout
Thursday, September 3, 1 PM
<https://ccplonline.libnet.info/event/4252651>
TBD

Wednesday, September 16, 1 PM
<https://ccplonline.libnet.info/event/4504537>

Special Olympics, Law Enforcement Torch Run Drive-Thru Shirt & Hat Sale

Come by the Clark Senior Center and purchase your shirt and/or hat to support Special Olympics. You must stay in your vehicle as this is a drive-thru only event.



Wednesday, September 9, 10 AM to 2 PM
Fee: \$15 Adult shirt or hat, \$10 Youth shirt.
CASH or Check (payable to Special Olympics MD)

Widow to Widow

Women's group focusing on grief. Facilitated by Fran Bryner.

Friday, September 18, 9:30 AM,
Laurel Springs Park

Arts/Crafts

Tissue Paper Stained Glass Jar

Join Janice Hamby at the park to create a tissue paper, stained glass tealight jar. All supplies provided.

Tuesday, September 22, 9:30 AM,
Laurel Springs Park

Pre-Registration is required!

Scrapbooking

Bring your scrapbook, photographs and any special embellishments you wish to add. Carol Hickey will show you how to create the perfect page for your book! Hosted by Senior Center Staff.

Tuesday, September 8, 9:30 AM,
Laurel Springs Park

Pre-registration required by Friday, Sept. 4.

Magazine Paper Pencil Caddy Craft – Virtual

This craft will be led virtually through the Charles County Senior Centers Facebook page.

Supplies needed:

Empty soup can
32 colorful magazine pages
Glue stick(s)
Hot glue gun / glue stick
Scissors
Pipe Cleaners – cut in 2" lengths
2 pencils (for rolling magazine pages)

Tuesday, September 15, 12 PM, FB LIVE
<https://www.facebook.com/CharlesCountySeniorCenters>



Paper Flower – Virtual

This craft will be led virtually through the Charles County Senior Centers Facebook page.

Supplies needed:

12 - 4x4 squares of paper (color or colors of your choice) Tip: One 12x12" piece of paper = 9 - 4x4 squares
Tacky Craft Glue or Hot Glue Gun and Glue Scissors
Paperclips (Only if using tacky glue, to hold while glue dries)
Small Pom Pom or flower for center

Tuesday, September 29, 12 PM, FB LIVE

<https://www.facebook.com/CharlesCountySeniorCenters>

Jewelry Club

Martha Williams & Regina Larrabee will show you how to make beautiful beaded jewelry pieces. Hosted by Senior Center Staff.

Wednesday, September 2 & 16, 9:30 AM,
Laurel Springs Park

Pre-Registration is encouraged!

Art in the Park: Flower Pot Painting

We'll provide the supplies; you supply the creativity! Led by Janice Hamby and Melanie Maggi.

Friday, September 25, 9:30 AM,
Laurel Springs Park

Pre-Registration is required!

Program Locations

Indian Head Pavilion

100 Walter Thomas Rd, Indian Head, MD

Laurel Springs Park – 5940 Radio Station Rd, La Plata, MD (Pavilion closest to restrooms)

Tilghman Lake Park

10598 Box Elder Rd, La Plata, MD

Richard R. Clark Senior Center

1210 Charles St, La Plata, MD

*** All outdoor program venues have open restrooms.**

***Outdoor programs will be canceled in cases of inclement weather.**

Social distancing guidelines are being followed at all Charles County Senior Center programs. In-person events require a mask any time you are within 6 ft of another participant. We also encourage you to bring water to ensure you stay well hydrated at these outdoor venues.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Total Body Conditioning9:30 Fitness Move of the Week FB LIVE2:00	2 Tai Chi w/ Cynthia8:30 Yoga w/ Debi8:30 Jewelry Club9:30 Clark Chat & Chew9:30	3 Tai Chi w/ Nate8:30 Total Body Conditioning9:30 Waldorf Chat & Chew9:30 Virtual Book Club: Olive, Again1:00	4 Warm Up & Walk8:30 AFEP FB Live2:00
7 Labor Day	8 Total Body Conditioning9:30 Scrapbooking9:30 Fitness Move of the Week FB LIVE2:00	9 Tai Chi w/ Cynthia8:30 Yoga w/ Debi8:30 Clark Chat & Chew9:30 Torch Run T-shirt/Hat Sale... 10:00-2:00	10 Tai Chi w/ Nate8:30 Total Body Conditioning9:30 Waldorf Chat & Chew9:30	11 Warm Up & Walk8:30 AFEP FB Live2:00
14 Tai Chi w/ Cynthia8:30 Warm Up & Walk8:30 Indian Head Chat & Chew ...10:00	15 Total Body Conditioning9:30 Magazine Paper Pencil Caddy FB Live NOON Fitness Move of the Week FB LIVE2:00	16 Tai Chi w/ Cynthia8:30 Yoga w/ Debi8:30 Jewelry Club9:30 Clark Chat & Chew9:30 Virtual Book Club1:00	17 Tai Chi w/ Nate8:30 Total Body Conditioning9:30 Waldorf Chat & Chew9:30	18 Warm Up & Walk8:30 Widow to Widow9:30 AFEP FB Live2:00
21 Tai Chi w/ Cynthia8:30 Warm Up & Walk8:30 Indian Head Chat & Chew ...10:00 Falls Prevention Week	22 Total Body Conditioning9:30 Tissue Paper Stained Glass Jar9:30 Fitness Move of the Week FB LIVE2:00 Balancing Act MS Teams2:00	23 Tai Chi w/ Cynthia8:30 Yoga w/ Debi8:30 Clark Chat & Chew9:30 Dance Party FB Live1:00	24 Tai Chi w/ Nate8:30 Total Body Conditioning9:30 Waldorf Chat & Chew9:30	25 Warm Up & Walk8:30 Art in the Park9:30 AFEP FB Live2:00
28 Tai Chi w/ Cynthia8:30 Warm Up & Walk8:30 Indian Head Chat & Chew ...10:00	29 Total Body Conditioning9:30 Paper Flower FB Live .. NOON Fitness Move of the Week FB LIVE2:00	30 Tai Chi w/ Cynthia8:30 Yoga w/ Debi8:30 Clark Chat & Chew9:30		

Have you heard about the new programs?

Tell A Friend?

As we continue in-person programs we need your help spreading the word. If we all call one friend, together we can reach so many!



Fall Prevention

What Seniors can do to prevent falls.

Falling can be attributed to many things. Footwear, eyewear, obstacles, rushing. Falling is not an inevitable part of aging. With practical lifestyle adjustments and evidenced based programs, the number of falls can be reduced.

Follow these tips to keep you balanced and avoid falling.

- Get moving. When you exercise, you work muscles - even the ones in the ankle and feet.
- Home Check: avoid scatter rugs and take note of any tripping hazards within the home.
- Maintain Health. Check what medications will make you dizzy and check vision. Talk to your health care provider.
- Talk with family members.
- Night lights and grab bars are easy to install.
- Footwear: sturdy shoes are best.
- Check out Falls Prevention Week activities scheduled for September 21 to 25.

Happy Yoga Month

With the changes of the season fast approaching we are gearing up to celebrate this great practice. Here are some benefits and things YOU can do for National Yoga Month.

Although there are many different types/styles of yoga it really is a great way to connect the body, mind and spirit for an amazing workout.

Rewards of Yoga extend outside the mat. They include:

Better sleep, lower blood pressure, cardiovascular benefits, flexibility gains, stress reduction and increased muscle tone and strength.

Yoga is for everyone!

Join us for Yoga in the park at Laurel Springs Park each Wednesday @ 8:30am. Meet at the pavilions behind the bathrooms.

For those who would rather stay in, no problem! There are plenty of Yoga DVD's to get that you can do at home from beginner to advanced, roll out the mat and join in.

Treat yourself to a new yoga mat or cool yoga pants!



Balance Moves of the Month

Tree Pose

Begin with both feet on the ground, opening the toes and center your body. Arms by your side.

Shift your weight to one side and glide your foot up to rest either above or below the knee. (Not directly on the knee).

Drawing the one foot you are standing on deep into the ground. If you are unable to lift your foot off the ground, just rest it on the opposite ankle.

Arms can either remain by your side or you can bring them to the chest in prayer. Keep a chair handy if you need it for support. Or you can press your back up against the wall to better stabilize. Your gaze is forward.

Like a tree, extend your roots down and blossom your arms up toward the sun. The stronger the roots, the taller the tree.

Baron Baptist

Balancing Act

As children we constantly did things to practice balance. Jump rope, hopscotch, balance beam, hopping, jumping. As we grow, we don't practice these things as much if at all! These activities not only activate small muscle fibers but they also activate our fast twitch muscle fibers. Which is our ability to respond to stimuli or changes swiftly and quickly. Example: quickly having to move out of the way to avoid falling.

Can you fix this? The answer is YES!! We "practice" balance in exercise classes, yoga classes and by dancing.

Staying active is key but taking classes that may focus on balance drills and activities is even better!

Fall Prevention Week

September 21-25, 2020

Join us to gain insight on what you can do to take action and prevent injury from falls!

Walk & Balance :

- Balance exercises will be added to the Monday / Friday walks. 8:30 AM, Laurel Springs Park, La Plata

Practicing balance is a breeze! Come try!

- Mondays - Tai Chi w/ CYNTHIA, 8:30 AM, Village Green, Indian Head
- Thursdays - Tai Chi w/ NATE, 8:30 AM, Tilghman Lake Park, La Plata

Balancing Act

- Join Debi Shanks to discuss ways to prevent falls and actively be aware of the barriers/obstacles to keep us healthy as we age. Tuesday, 2:00 PM on MS Teams
*The registration required for this virtual event. Call 301-809-5711 for more information and to register.

Yoga for Balance :

- Debi will lead this special class, focusing on poses that improve balance. Wednesday, 8:30 AM, Laurel Springs Park, La Plata

The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423.



www.CharlesCountyMD.gov



Department of Community Services

8190 Port Tobacco Road, Port Tobacco, MD
301-934-9305 • MD Relay: 711 (Relay TDD: 1-800-735-2258)

About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Experience Adventure, Let's Travel in 2021

Trips sponsored by the 2N1 Club

Wednesday, April 7, 2021: One day trip to Sight and Sound in Lancaster, PA to see Queen Esther. Trip also includes a Chalk Talk presentation and a Family Style meal before the show. Cost is \$160 per

Wednesday and Thursday, April 21-22, 2021 - Overnight trip to Mount Airy Casino for some gambling, eating, and Sam Cooke Tribute Show. There is an indoor swimming pool, spa, and more. Cost is \$260 (single), \$200 per person (double), or \$200 per person (triple).

Please call Suzanne Carr at 301.645.5203 for more information and reservation.

Trips sponsored by Action Travel Tours

A Message from Travel Leaders/Action Travel Tours: We hope this newsletter finds you well during these unprecedented times of COVID-19. The health and safety of our clients and employees are most important. To ensure this, we have moved our remaining 2020 trips to 2021 to support and protect our community. We have some wonderful itineraries for you to consider for 2021. *Several have 2020 deposit dates to ensure FREE airfare!!* We hope to be traveling together very soon. Stay well and may God bless you and your family. **2N1 Sponsored Trip

Tentative 2021 Trip List -- Dates subject to change based on vendor confirmation

April 9, 2021: Cherry Blossom Luncheon Cruise and MGM Casino or Outlets. – Take in the sights and sounds that DC has to offer as you sail the Potomac River dressed in beautiful pink cherry blooms. They try your luck in the fabulous MGM casino or find a deal at the Tanger Outlets.

April 14-22, 2021: Springtime Tulip River Cruise on the Rhine Collette Vacations. 9 Day River Cruise Holiday on the MS Amadeus. Cruise the Netherlands and Belgium while in resplendent color with an overnight in Amsterdam. From \$3799pp double occupancy. **FREE airfare and hometown transfers if deposited by September 30, 2020, full payment is December 1, 2020.**

****May 19-26, 2021: Canyon Country Collette Vacations.** 8 Days – 10 Meals Stand in awe of the natural beauty of the wonders our great West: Scottsdale, Sedona, Oak Creek Canyon, Grand Canyon, Kalibab National Forest, Lake Powell, Bryce Canyon, Zion National Park and Las Vegas From \$3499pp double occupancy including **FREE airfare if booked by November 6, 2020.**

May 23, 2021: Kennedy Center Memorial Day Choral Concert and Lunch. – Music Celebrations Int'l, American Veterans Center and the US Air Force Band present a Memorial Day Choral Festival honoring veterans past and present who have sacrificed so much. Celebrate the true meaning of Memorial Day honoring those who have served with rousing patriotic music. Prior to the 3pm concert we will enjoy a delicious lunch at the Alexandria Fish Market.

Looking Towards 2022

July 9-19, 2022: Oberammergau Passion Play and Danube Explorer River Cruise Mayflower Tours.

Due to COVID-19, the Oberammergau Passion Play that is offered every 10 years has been postponed to 2022. This is a once in a lifetime opportunity to see the Play and sail Emerald Cruises on the Danube. Mayflower Tours is offering the coveted Passion Play tickets along with a land stay and Danube River Cruise through Hungary, Slovakia, Austria and Germany from \$5249 per person double occupancy. **FREE airfare included if booked by October 30, 2020!!**

